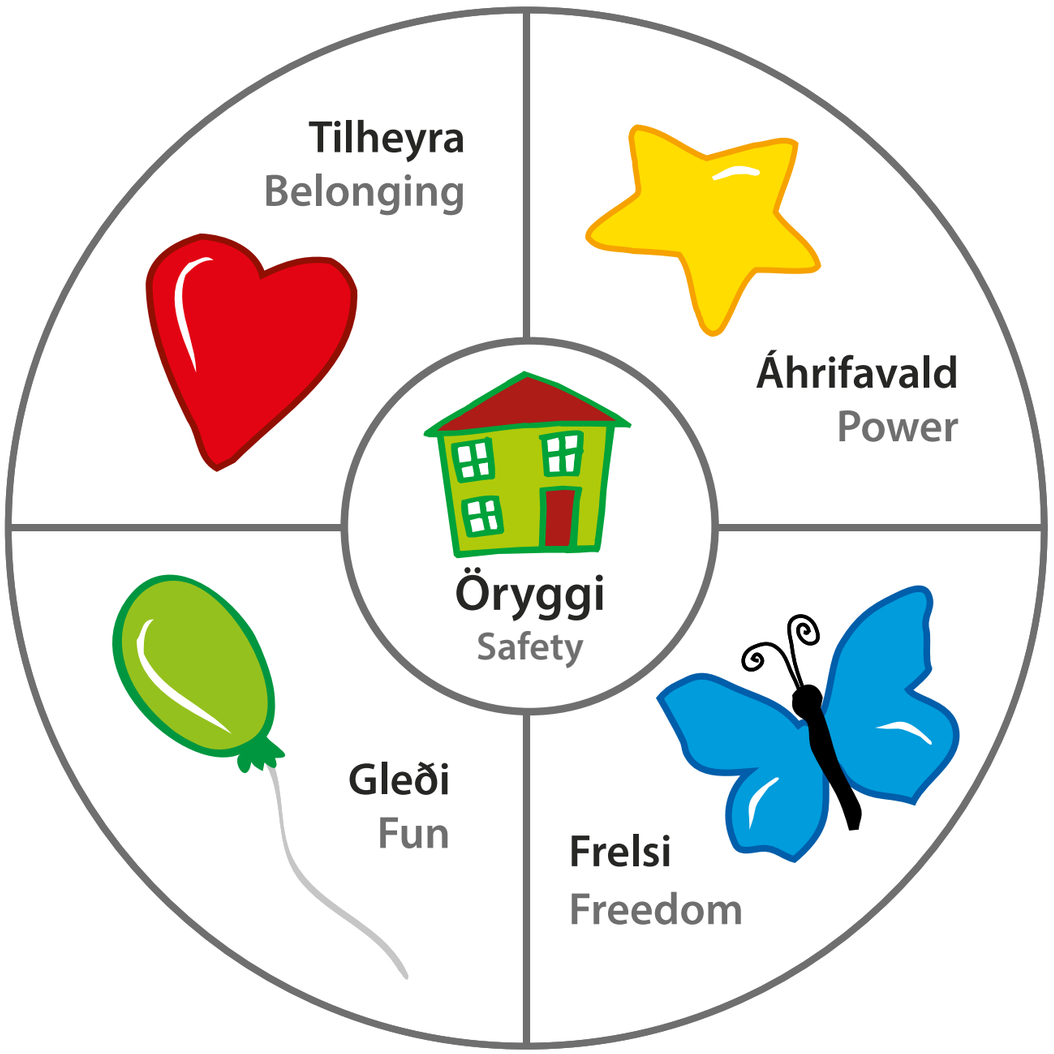
UPPBYGGING ÁBYRGÐAR OG SJÁLFSAGA
RESTITUTION - SELF DISCIPLINE

Grunnþarfirnar fimm
The five basic needs



Hvernig upplifir þú þarfirnar?
How do you fulfil your needs?

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